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**SPECIAL ENDS SOON!**

**Tuesday**



**AIRLINE ACQUISITION**  
**Southwest's plan to buy AirTran** may mean higher fares **4**

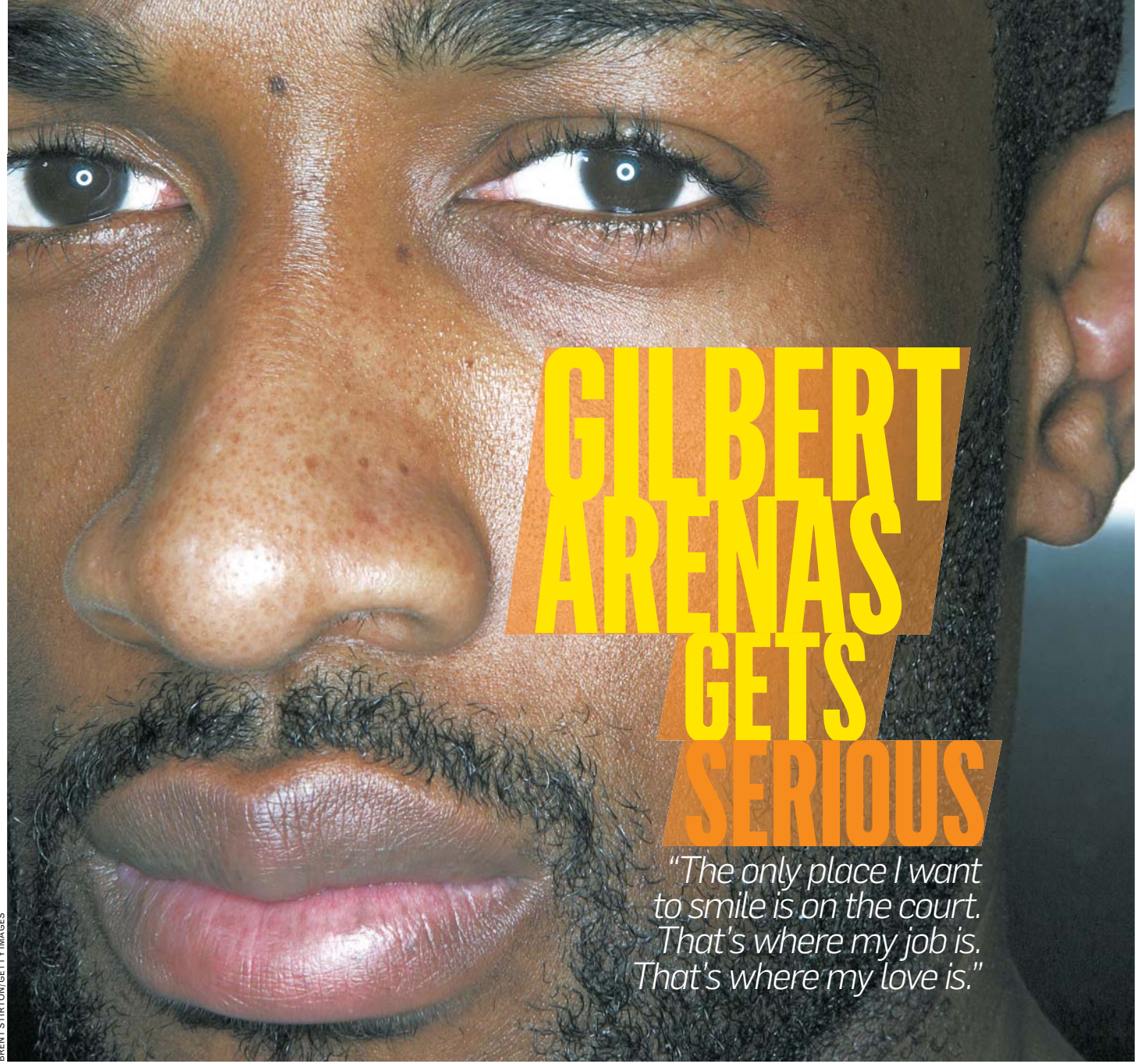
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SEPTEMBER 28, 2010 | A PUBLICATION OF *The Washington Post* | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**

## WIZARDS PREVIEW PAGE 13



### GILBERT ARENAS GETS SERIOUS

"The only place I want to smile is on the court. That's where my job is. That's where my love is."

BRENT STIRTON/GETTY IMAGES





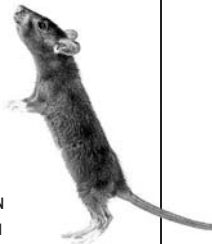
eye openers

Pointless Item Fills Space

A technician for an American telephone company has won the top prize of 1 million Russian dumplings in the Karaoke World Championships. Edward Pimentel won the unusual prize early Sunday in Moscow after getting the most votes from audience members. Amateur singers from 16 countries took part in the three-day competition. Pimentel, from Albuquerque, favors the R&B genre. For his song in the final round, he chose Usher's "DJ's Got Us Fallin' in Love." (AP)

“As I looked closer, I saw that the object had fur on it.”

— STEPHEN FORSE SAYS WORDS NOBODY EVER SHOULD HAVE TO SAY. THE ENGLISHMAN FOUND A MOUSE IN A LOAF OF BREAD. HE WON A LAWSUIT AGAINST THE MANUFACTURER.



Well, There Goes The Neighborhood

A suburban Philadelphia judge has refused to stop the opening of a haunted house at a long-shuttered asylum. Judge Robert Shenkin on Friday denied a request filed on behalf of the local historical society to stop the opening of the attraction at the former Pennhurst State Hospital in East Vincent Township. The historical society tried to stop the attraction from opening Friday evening, saying developers violated zoning rules. (AP)

The Big Picture



VISITORS ADMIRE their reflections in Anish Kapoor's sculpture "C-Curve 2007" on Monday in London's Kensington Gardens. Four works are being displayed in the park in an exhibition titled "Turning the World Upside Down" and will be open to the public until March 13, 2011. (EXPRESS)



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## In Brief

CHILTON, WIS.

**Prosecutor Will Resign After Sexting Scandal**

A Wisconsin prosecutor facing removal from office over accusations that he used his position to seek relationships with women will resign, his attorney said Monday. Calumet County District Attorney Ken Kratz will step down before Oct. 8. It was reported this month that he sent text messages to a victim while prosecuting her ex-boyfriend. (AP)

NORFOLK, VA.

**Judge Declares Mistrial In Blackwater Case**

A federal judge declared a mistrial Monday in the case of two former Blackwater workers accused of murdering two unarmed Afghan civilians and wounding a third man in Kabul. A new trial date was set for March 1. (AP)

WASHINGTON

**Prosecutor in Stevens' Case Commits Suicide**

A Justice Department prosecutor killed himself while under investigation over whether he and other attorneys in the prosecution of Sen. Ted Stevens acted improperly in the case, officials said. Nicholas A. Marsh, 37, committed suicide on Sunday, two years after being part of the Justice Department team that convicted Stevens on corruption charges that were eventually thrown out. (AP)

# Panel: Oil Spill Response 'a Joke'

Commission rules the administration botched Gulf efforts

**Washington**

The Obama administration's repeated low estimates of the huge BP oil spill undermined public confidence in the government's entire cleanup effort, leaders of a White House-appointed commission declared at an investigatory hearing Monday.

Federal officials botched the government's response, a local official and government and university scientists contended as the commission focused on the questions of who was in charge and how much oil spewed out of the well into the Gulf of Mexico.

Eventually, U.S. officials said the spill was about 60 times bigger than originally estimated. Instead of 42,000 gallons a day, the volume of leaking oil was closer to 2.4 million gallons a day.

"It's a lot like Custer," said panel co-chairman Bob Graham, a former Florida senator and governor, referring to the battle that killed George Armstrong Custer and wiped out most of the Army's 7th Cavalry in 1876. "He underestimated the number of Indians on the other side of the hill and

OILSPILLCOMMISSION.GOV



William Reilly and former senator Bob Graham listen as retired Adm. Thad Allen, the official in charge of the government's response to the oil spill, testifies Monday.

**"There is a tendency to forget the fact that this property out in the Gulf of Mexico where all this is happening belongs to all of us."**

— FORMER SENATOR BOB GRAHAM, ON THE RESPONSE TO THE OIL SPILL IN THE GULF.

paid the ultimate price."

And who was in charge? Billy Nungesser, president of Plaquemines Parish, one of the coastal areas most affected by the spill, referred to another famous leader, this one fictional.

"It became a joke," he said. "The Houma command was the Wizard of Oz, some guy behind the curtain."

Mistakes in the information that was being given out sapped

confidence in the government on the issue, Graham and co-chairman William Reilly said. Reilly described "repeated wrong numbers" on the amount of oil that was spilling.

Retired Coast Guard Adm. Thad Allen, in charge of the government's response, told commissioners that the low estimates didn't hamper government efforts to deal with the spill. But Reilly, former chief of the U.S. Environmental Pro-

**Meanwhile ...**

**Despite concerns** about the hidden oil from BP's spill in the Gulf, sand-sculpting artists in Navarre Beach, Fla., etched masterpieces in a weekend competition designed to boost tourism and erase the images of oil-stained beaches. Bands of buried oil remain between 18 and 24 inches below the sand. BP spokesman Ray Melick said the beach is among a stretch of Panhandle that remains part of the company's cleanup effort. (AP)

tection Agency, said he had trouble believing that.

Allen acknowledged that the public and even political leaders were confused about who was in charge.

He blamed a 20-year-old law that he said may need to be changed to allow a third party from the oil industry to coordinate cleanup.

By law, BP had a major role in responding and cleaning up — and paying for it. But it also remains responsible to its shareholders not to spend too much, Allen said.

He proposed allowing a third party from industry that would not be beholden to the polluter's profit margins to run the cleanup.

DINA CAPIELLO, SETH BORENSTEIN (AP)

# Allergies?

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September 28, 2010

Georgetown University McDonough School of Business



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Washington, D.C.

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Panel participants include:

**Tom Adams**, CEO, Rosetta Stone

**Reena Aggarwal**, Professor, McDonough School of Business

**Lawrence Leibowitz**, Chief Operating Officer, NYSE Euronext

**Kevin Plank**, Founder, Chairman, and CEO, Under Armour

**Kevin Warsh**, Member, Board of Governors of the Federal Reserve System

Event will be moderated by:

**Gillian Tett**, U.S. Managing Editor of the *Financial Times*

## Nation

# Southwest Adds AirTran

\$1.4B deal to expand carrier to 37 cities, including Atlanta

### New York

Southwest's decision to buy AirTran will mean more routes and fewer delays and cancellations in small cities but higher fares in the Northeast and perhaps the end of the super-low sale fare.

Southwest Airlines, which has built a loyal following with its tongue-in-cheek ads and refusal to charge for checked bags, said Monday it planned to buy AirTran for \$1.4 billion.

The deal will move Southwest into 37 new cities, expand its presence in cities such as New York and Boston, and move it into Atlanta, the busiest airport in the nation.

Combining the AirTran and Southwest routes means more connecting options for people flying through places such as Moline, Ill., which should result in fewer delays and cancellations because there will be more rerouting options.

In bigger cities such as the Northeast hubs, however, fares will probably eventually go up. They may not rise right away because many of those cities are still served by a third discount,



MICHAEL DOWYER/AP

By acquiring AirTran, Southwest Airlines will be able to serve people in 100 cities.

## \$2B

The amount of AirTran debt that Southwest will assume by buying the discount carrier. The deal is expected to close in the first half of 2011. (AP)

JetBlue Airways, said fare expert George Hobica.

The acquisition may also spell the end of the deep-discount sales currently offered by AirTran and Southwest because there will be less competition.

"The era of irrational, stupid, destructive fare sales is over," Hobica said.

Southwest said it will drop AirTran's bag fees when the pair com-

bine in 2012. Right now, AirTran charges \$20 for the first checked bag and \$25 for the second.

While Southwest will be about 25 percent larger when the deal is complete, it will remain the fourth-largest by traffic. The combination of United and Continental will be No. 1, followed by Delta and the parent of American.

The buyout is the latest in a wave of consolidation in the industry. Continental and United will topple Delta as the largest airline in the world when they combine this week.

Southwest's acquisition of AirTran is expected to close in the first half of next year. It requires both regulatory and shareholder approval. **SAMANTHA BOMKAM (AP)**

**113** The temperature, in degrees Fahrenheit, in downtown Los Angeles Monday, an all-time record high. A National Weather Service forecaster said the milestone was reached shortly after noon. California has been baking in a heat wave since late last week. The previous record was 112 degrees, set on June 26, 1990. (AP)

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Washington, DC



Arianna Huffington  
Huffington Post



Congressman Jim Moran  
8th District of VA



Alec Ross  
State Department



Dr. Peter Levin  
Veteran's Affairs

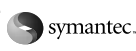


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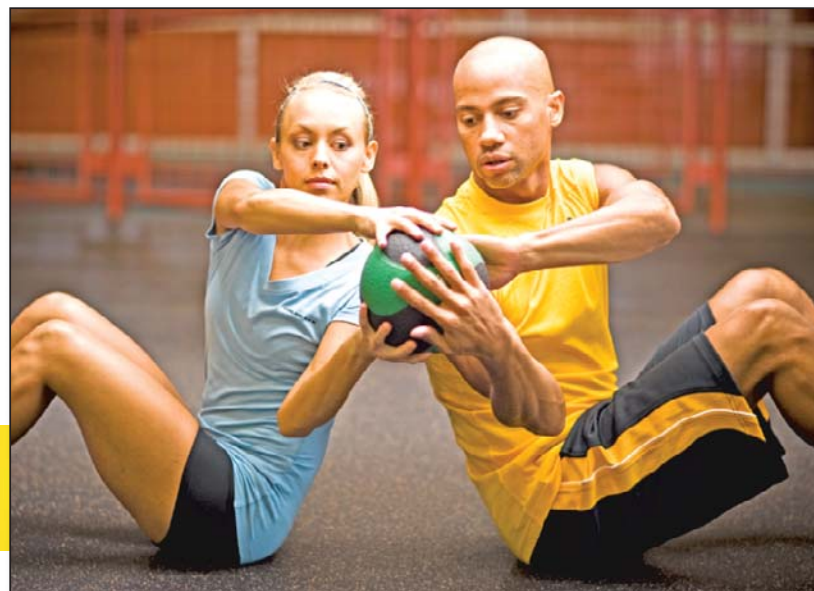


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\*Total cash prize awarded to the winning pair is \$2,000. One 1 year membership will be awarded to each contestant of the winning pair. One contestant will win a 4 day/3 night trip to Cancun, Mexico inclusive of guest room, all food and beverage, taxes and \$1,000 will be provided for flight. Limitations may apply. Trip cannot be redeemable for cash. No purchase necessary. Contest is sponsored by Gold's Gym International, Inc. & Express Publications, LLC. Contest is open only to legal residents of the District of Columbia, Maryland & Virginia who are 18 years of age or older at the time of entry. Void where prohibited by law. Entry period begins on 08/30/2010 at 12:01 am Eastern Time ("ET") & ends on 09/16/2010 at 11:59 pm Eastern Time ("ET") ("Entry Period"). To enter for a chance to compete in the challenge, complete the form on the contest entry page at [www.expressnightout.com/getfit](http://www.expressnightout.com/getfit) or send a 3.5" x 5" postcard with the required information (including a recent (taken within the last 60 days) photograph) from the contest entry page to: 2010 Gold's Gym Challenge; Express Marketing Dept., 1150 15th Street, NW, 7th floor, Washington, DC 20071. Limit 1 entry per pair. Entrants will also be entered for a chance to win a one-year Gold's Gym membership. Contest participants will be chosen as explained in official rules. Winner of one - year membership will be selected by random drawing (ARV \$600). Entry period for one year membership sweepstakes is 08/30/2010 at 12:01 am Eastern Time ("ET") & ends on 10/08/2010 at 11:59 pm Eastern Time ("ET") ("Entry Period"). Odds of winning will depend on the total number of eligible entries received for contest and one year membership sweepstakes. Contest and sweepstakes is subject to Official Rules; for a copy of Official Rules visit [www.expressnightout.com/contests](http://www.expressnightout.com/contests).



# Nation

## Obama: D.C. Schools Fail to Measure Up

President says public education is still too lacking for his kids

### Washington

President Obama said Monday that his daughters could not get the same level of education from D.C. public schools that they receive at the elite private school they attend.

Obama enrolled his daughters, Malia and Sasha, in the Sidwell Friends School soon after he won the 2008 presidential election.

In an appearance Monday on NBC's "Today" show, Obama was asked whether a public school in his home city could measure up to the standards of his children's private school.

"I'll be blunt with you: The answer is no right now," the president replied. The D.C. public schools, he said "are struggling."

Obama added that the city's



President Obama says D.C. schools are "struggling" despite improvements.

schools "have made some important strides over the last several years to move in the direction of reform."

Presidents Theodore Roosevelt, Richard M. Nixon and Bill Clinton sent children to Sidwell during their terms in the White House. Amy Carter, daughter of President Jimmy Carter, was the last White House student in modern times to attend a D.C. public school.

NICK ANDERSON (THE WASHINGTON POST)

**1,160** The number of jobs posted by California farmers since January that are open to U.S. citizens and legal residents seeking work. Only 233 people applied for those jobs via unemployment offices in California, Texas, Nevada and Arizona. Of those applicants, only 36 were hired, all by a single grower. (AP)

Metro Research Services, a local market research company, is looking for **women with bladder problems**. We are conducting focus groups at our Alexandria facility the first week of October and should you qualify and participate, you will be compensated with a cash gratuity.

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In Brief

SEOUL, NORTH KOREA

N. Korea Promotes Son Of Kim Jong Il to General

North Korean leader Kim Jong Il promoted Kim Jong Un to the rank of general in the Korean People's Army, the state news agency reported, the clearest signal yet that the younger Kim is on track to succeed

his father in ruling the impoverished country. (AP)

BEIJING

Despite Concerns, China Keeps One-Child Policy

China will continue to limit most families to just one child in the coming decades, state media said Monday, despite concerns about the policy's problematic side effects, such as too few girls and a rapidly aging population. China has the world's largest population and credits its 30-year-old family planning limits with preventing 400 million additional births and helping break a traditional preference for large families. (AP)

Pakistan Blasts NATO Airstrikes

After attack kills 50, coalition says it was done in 'self-defense'

Kabul, Afghanistan

Pakistan disputed NATO's claim Monday that its forces have the right of hot pursuit across the Afghan border after coalition helicopters launched airstrikes that killed more than 50 militants who had escaped into Pakistan following an attack on an Afghan security post.

Pakistan said it had strongly protested to NATO over the airstrikes, which a coalition spokesman justified on grounds of "self-defense." Pakistan is sensitive about attacks on its territory, but U.S. officials have said they have the right to cross a few miles into Pakistani airspace if they are attacked and in hot pursuit of a target.

Pakistan denied Monday such



A Pakistani soldier stands near recovered NATO military equipment Monday in Jamrud, in the northwestern region of Khyber, between Pakistan and Afghanistan.

an understanding exists.

Its Ministry of Foreign Affairs said in a press release the mandate of foreign troops in Afghanistan ends at the Afghan border and said the strikes were a violation of

its sovereignty. Pakistan said that unless corrective measures are implemented, it will have to "consider response options."

NATO reported it launched two airstrikes on Saturday, and Paki-

stani intelligence officials reported a third attack on Monday — all in tribal regions located opposite an increasingly volatile eastern region of Afghanistan. It was not clear which militant group was targeted, but the al-Qaeda-linked Haqqani faction, which launches frequent attacks on NATO and Afghan forces, is particularly active there.

The first strike took place after insurgents based in Pakistan attacked the outpost in Afghanistan's Khost province, right across the border from Pakistan's North Waziristan tribal region, said U.S. Capt. Ryan Donald, a spokesman for the NATO-led International Security Assistance Force in Afghanistan.

"The ISAF helicopters did cross into Pakistan territory to engage the insurgents," Donald said. "ISAF maintains the right to self-defense, and that's why they crossed the Pakistan border." (AP)



**Underground Amenities:** Everyday life for the 33 miners trapped a half-mile underground now includes some of the comforts of home. They get laundry service, three hot meals a day, ice cream for desert and 13 hours of TV time, which the miners spend watching whatever the support team decides won't be depressing. A few of the choices include Brad Pitt's "Troy" and "The Curious Case of Benjamin Button," left. (AP)

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[www.clinicaltrials.gov](http://www.clinicaltrials.gov)



# Tragic End for Segway Co. Owner

## London

A wealthy British businessman who owns the company that makes the two-wheeled Segway people transporter was found dead in a river in northern England after apparently falling off a cliff on one of the vehicles, police said Monday.

The body of 62-year-old James Heselden and a Segway personal transporter were found in the River Wharfe, and he was pronounced dead at the scene, West Yorkshire police said.

Police said a witness had reported seeing a man fall Sunday over a 30-foot drop into the river near the village of Boston Spa, 140 miles north of London.

"The incident is not believed to be suspicious," police said, indicating they do not believe anyone else was involved. And police have not revealed further details about the incident. A dozen members of



Heselden

Heselden's family asked for privacy Monday after placing flowers at the heavily wooded accident site, which is popular with hikers and nature lovers.

Heselden made his fortune through his firm Hesco Bastion Ltd., which developed the "Hesco" blast wall system that replaced the sand bags used to protect troops in

Afghanistan and Iraq. He bought control of Bedford, N.H.-based Segway LLC in December.

Hesco Bastion is based in Leeds, near an area where Heselden grew up. Hesco Bastion said Heselden recently gave \$15.9 million to the Leeds Community Foundation, raising his total charitable giving to 23 million pounds.

"Jimi was an amazing man who, apart from being a wonderful success story for Leeds due to his business acumen, was also remarkably selfless and generous, giving millions to local charities to help people in his home city," said Tom Riordan, the chief executive of Leeds City Council.

GREGORY KATZ (AP)

## Floods in Nigeria Put Crops at Risk



SUNDAY ALAMBA/AP

**A MAN USES CALABASH FRUIT** as a flotation device to swim across flooded farmland in the village of Gudinchin in Nigeria on Monday. Farmers said they feared that their crops were destroyed by weekend floods that started when two swollen dams overflowed and displaced 2 million people.

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# Future Murky for Boat Dwellers

Houseboat residents may be displaced in SW for redevelopment

## Washington

Living on the water in the District of Columbia isn't easy. There's only one legal place to do it — along the Southwest waterfront stretching from Fort McNair to the Tidal Basin — and it requires patience, a working knowledge of boat equipment and a seafarer's stomach.

Even so, the 150 or so "live-aboard" residents of the Gangplank Marina, a mass of floating fiberglass and wood, and cramped quarters overlooking the Washington Channel, don't want to leave.



Houseboat residents at Gangplank Marina may have to move due to development.

But their future is murky: Will they be able to stay or will they have to move as the Southwest waterfront undergoes a once-in-a-lifetime

transformation?

"The first part of construction is going to be around here, near our boats, and we have a life here,"

said Laura Cox, 47, a schoolteacher who lives with her husband, John, and their two daughters aboard a 52-foot houseboat named the Belle Maren. "We don't want to leave this lifestyle."

The waterfront's developers plan to unveil a revised master plan Wednesday for a massive collection of hotels, apartment buildings, and ground-level restaurants and stores. Construction is slated to begin in late 2012 and could take eight years or more.

"We're really going back in time to where the waterfront and the pedestrian were king," said Monty Hoffman, chief executive of PN Hoffman, the D.C. developer that is building the new waterfront.

DEREK KRAVITZ (THE WASHINGTON POST)

## Domingo Steps Down From National Opera

### Washington

Famed tenor Plácido Domingo said Monday that he will not renew his contract as general director of the Washington National Opera.

His contract expires in June 2011. His departure means that the company is left without a marquee leader, its most recognizable brand, at a time when nearly every detail of the WNO's future is open to question — most importantly, whether it will remain autonomous or merge with the Kennedy Center.

Domingo, 69, who has been associated with the opera for 14 years, announced his decision via conference call to the WNO board at a meeting Monday morning.

ANNE MIDGETTE (THE WASHINGTON POST)

## The Lotteries

Monday, Sept. 27

### District

Mid-day Lucky Numbers ..... 2-0-2  
Evening Lucky Numbers (Sun.) ..... 0-1-1  
Mid-day DC 4 ..... 6-2-0-9  
Evening DC 4 (Sun.) ..... 6-4-3-5  
Mid-day D.C. Five ..... 3-3-5-2-9  
Evening D.C. Five (Sun.) ..... 3-5-8-1-4  
Daily 6 (Sun.) ..... 12-15-16-19-20-26 (4)

### Maryland

Mid-day Pick 3 ..... 1-2-0  
Evening Pick 3 (Sun.) ..... 1-9-7  
Mid-day Pick 4 ..... 5-6-0-3  
Evening Pick 4 (Sun.) ..... 4-7-9-5  
Match 5 (Sun.) ..... 6-13-22-26-38 (21)

### Virginia

Mid-day Pick 3 ..... 6-3-2  
Evening Pick 3 (Sun.) ..... 2-4-4  
Mid-day Pick 4 ..... 7-2-1-7  
Evening Pick 4 (Sun.) ..... 0-4-9-4  
Mid-day Cash 5 (Sun.) ..... 10-13-15-21-22  
Evening Cash 5 (Sun.) ..... 2-9-16-22-33

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

## Md.'s First Casino Opens Doors

### Perryville, Md.

After years of bitter debate over slot machines, Maryland's first casino opened its doors to the public Monday, three days ahead of a planned grand opening.

Hollywood Casino Perryville, located in the state's northeastern corner, was issued a license Sunday by the state to open early after a successful trial run on Saturday night that benefited charity.

"The 1st casino in Maryland, Hollywood Casino Perryville, is now open!" a posting on the casino's Facebook page said at 8 a.m. Monday. "Now let the games begin!"



Workers at Hollywood Casino Perryville put finishing touches on slot machines.

A grand opening featuring Gov. Martin O'Malley is still planned for Thursday at the facility, owned by Penn National Gaming.

The Perryville site has been the one bright spot in Maryland's fledgling slots program, which was authorized by voters in a November 2008 referendum.

The public vote was proposed by O'Malley to end a legislative stalemate over an issue that dominated the term of his predecessor, Robert Ehrlich, a Republican, who is trying to win his job back in November.

The site has a buffet-style restaurant and gift shop. Members of a state commission that picks slots locations gave the site favorable reviews after visiting last week.

JOHN WAGNER (THE WASHINGTON POST)

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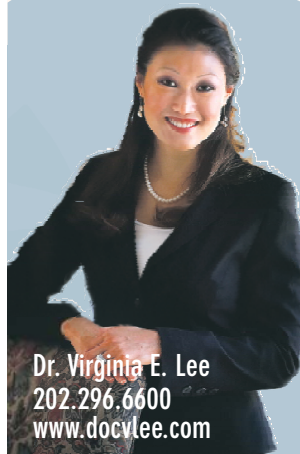
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## Cover Story

# About-Face For Arenas

After last year's disaster, Wizards guard says he's serious about changing



## The Wizards

Gilbert Arenas wore a thick beard, a No. 9 jersey and an expression lacking of any joy whatsoever. He looked like someone posing for a mug shot instead of a publicity photo as the Washington Wizards crew took picture after picture. It was the eve of training camp, and the carefree personality formerly known as Agent Zero was nowhere to be found.

"The only place I want to smile is on the court," Arenas said. "That's where my job is. That's where my love is."

Arenas spoke publicly Monday for the first time since the day he was sentenced on a felony gun charge in March, a silence that ended only because it's mandatory to take part in the team's media day. The words came out in a measured, serious monotone before a group of reporters crowded four-deep around a table. He paused before answering every question — no more of the spontaneity that produced freewheeling answers in the past.

Someone asked whether he's happy. "I'm very happy," Arenas said. "In the past, I used to show happiness on the outside. There's no need to do that anymore. Now I can just play the game the right way and play with my passion, and that's really the focus."

How else has he changed? "I'm more to myself now," he said. "You're getting older, so you automatically grow. Just another year, a new team."

But it's not just another year, and Arenas



## Big Changes Afoot

Here are some of the ways Ted Leonsis is reaching out to win back a fan base disillusioned by years of losing, including moving training camp from Richmond to Fairfax.

- The team plans to change the team colors back to the red, white and blue that the Bullets wore in their first 23 years.
- Leonsis is also looking back to the franchise's past by establishing a Wizards/Bullets alumni association, which will include past players appearing at Wizards games, practices and special events.
- The Wizards will move away from past marketing plans that promoted opponents, or even the strategy of propping up the trio of All-Stars Gilbert Arenas, Antawn Jamison and Caron Butler — a lesson learned after Arenas' banner was removed due to his gun incident, and Jamison's and Butler's images taken down after they were traded. (TWP)

nas did more in the past 12 months than just grow older. He is now a convicted felon who pleaded guilty to bringing guns into the Wizards' locker room at the Verizon Center after a dispute with a teammate over a card game. He was sentenced to one month in a halfway house and two years of probation; was suspended for 50 games by the NBA; and became an embarrassment to a franchise that had treated him like an icon.

Coach Flip Saunders said the young, flamboyant Arenas might be gone for good.

"As you get to a certain point in your career, there are certain things that become more important than other things," Saunders said. "In order to achieve some of the success that you want, you have to approach it as ... serious. That's where he's at. He's very serious."

The team is also moving into a different era: Ted Leonsis is the new owner, No. 1 pick John Wall is the new face of the future, and Arenas co-stars Antawn Jamison and Caron Butler were jettisoned late last season as the team went into full rebuilding mode.

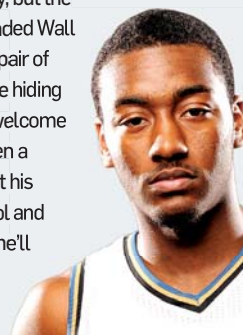
It's a far cry from a time when Arenas was arguably the top athlete in Washington, a difficult feat to achieve for anyone not on the Redskins. Now he has to win back the fans, but he said he plans to do so with his game — without the antics. "You know, at the end of the day, the fans just want to see good basketball," Arenas said. "No matter what you do, your game speaks for yourself." JOSEPH WHITE (AP)

## Wizards' Worries

New owner, new luck, new players — new era? After a disastrous 2009-10 season — on and off the court — the Wizards are ready for a fresh start. This training camp also boasts a new location: George Mason University. (THE WASHINGTON POST)

### Is John Wall ready to lead?

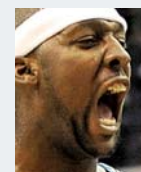
Rookies are rarely given the keys to the franchise immediately, but the Wizards have handed Wall the keys, a spare pair of duplicates and the hiding place under the welcome mat. Wall has been a leader throughout his time in high school and college, but now he'll have to guide grown men.



### What can the team expect from Gilbert Arenas?

Soon, Arenas will embark on his fourth comeback, and this time he has to come back not only from a bum knee but also from a reputation tarnished by his terrible decision to bring guns into the Verizon Center locker room. With the addition of Wall, the Wizards' fortunes no longer reside in Arenas's ability to play at an elite level; success will be measured mostly in his ability to conform. That still is a lot to expect.

### What will Andray Blatche do for an encore?



After the Wizards gutted the roster before the trade deadline, Blatche averaged 22.1 points on 48.5 percent shooting, with 8.3 rebounds, 3.6 assists

and 1.5 steals. But the Wizards went just 9-23 with Blatche as the focal point of the offense. Now, surrounded by more talent, he has the opportunity and confidence to succeed. It remains to be seen whether he can get it done.

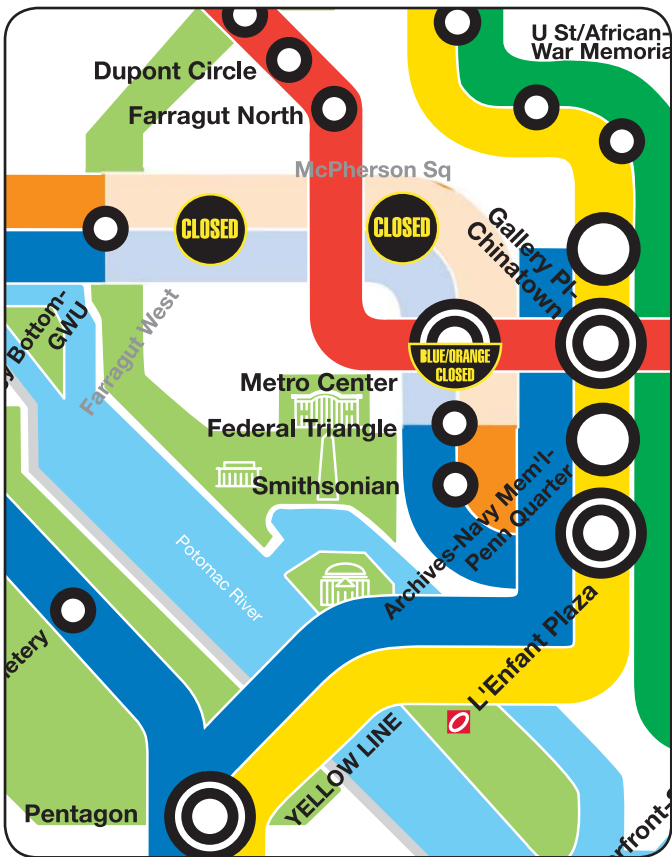
### Do the Wizards have enough size?

JaVale McGee, 7-foot-11, and Andray Blatche, 6-foot-11, give the Wizards a unique starting combo of agile, quick and athletic big men who can create matchup problems for opposing teams. But they are also finesse big men, which led the Wizards to look for some physical competitors in the draft. They found them in Kevin Seraphin and Trevor Booker.



No Blue or Orange Line Service at Farragut West, McPherson Square and Metro Center during the Columbus Day Holiday weekend.

For more information, please visit [MetroOpensDoors.com](http://MetroOpensDoors.com) or call 202-637-7000.



A portion of the Blue/Orange Line and the stations that it serves — Farragut West and McPherson Square — will close at 10 p.m., Friday, October 8, and reopen at 5 a.m., Tuesday, October 12. Metro Center station will be open, but will only operate Red line service.

This shutdown, while major, is important. It will enable Metro to complete a major rehabilitation and rebuilding project to improve safety, comply with a recommendation made by the National Transportation Safety Board and maintain service reliability and a state of good repair. Metro will be providing a free shuttle bus service, please add 40 minutes to your travel time.


Travel options

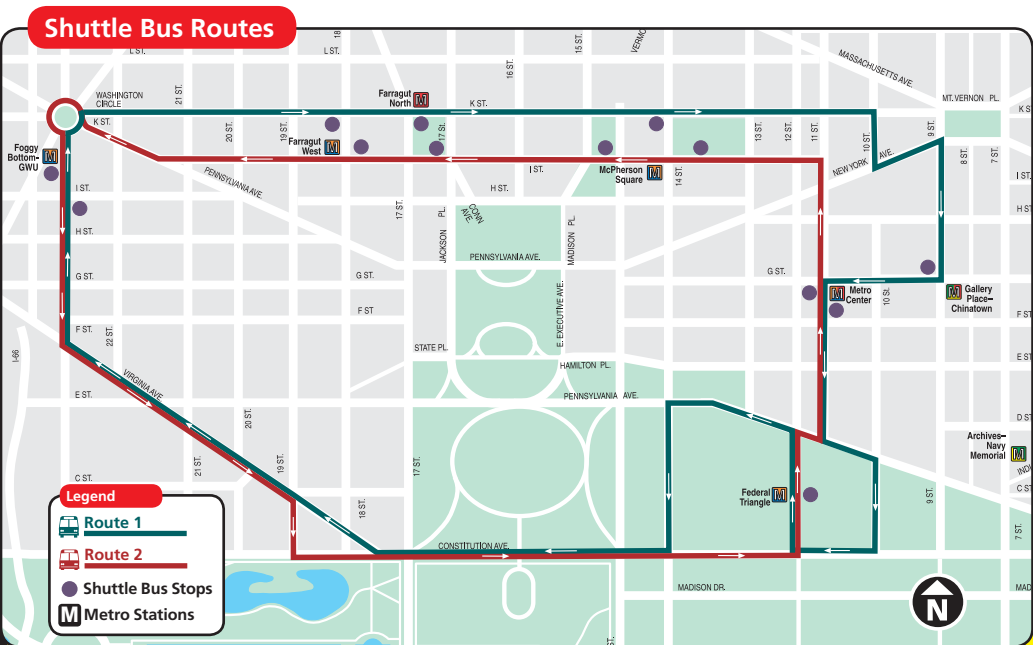
- Every other Blue Line train departing Franconia-Springfield will be diverted to the Yellow Line at the Pentagon heading to L'Enfant Plaza and terminating at Mt. Vernon Square/7th St.-Convention Center. Customers can transfer to the Red Line at Gallery Place-Chinatown.
- For Blue/Orange Line customers coming in from Virginia needing to transfer to the Red Line – Transfer to the free shuttle bus at Foggy Bottom-GWU and ride to Farragut North.
- For Blue/Orange Line customers coming in from Largo Town Center and New Carrollton needing to transfer to the Red Line - Transfer to the Green/Yellow Line at L'Enfant Plaza and ride to Gallery Pl-Chinatown.

Free shuttle buses

Metro will operate two free shuttle bus routes between the affected stations:

- Route 1: Clockwise** – Foggy Bottom-GWU, Farragut West, Farragut North, McPherson Square, Gallery Pl-Chinatown, Metro Center, Federal Triangle, Foggy Bottom-GWU.
- Route 2: Counter-clockwise** – Federal Triangle, Metro Center, McPherson Square, Farragut North, Farragut West, Foggy Bottom-GWU, Federal Triangle.

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# New Scheme, Bad Results

Top-10 defense from last year wallowing after switch to 3-4

## The Redskins

When coach Mike Shanahan moved his things into an empty office at Redskins Park in January, he inherited an organization that needed an emotional boost, an offense that required an overhaul and a locker room that was starved for a leader. He also took over a top-10 defense, a unit that finds itself ranked last in the NFL through the first three games of this season.

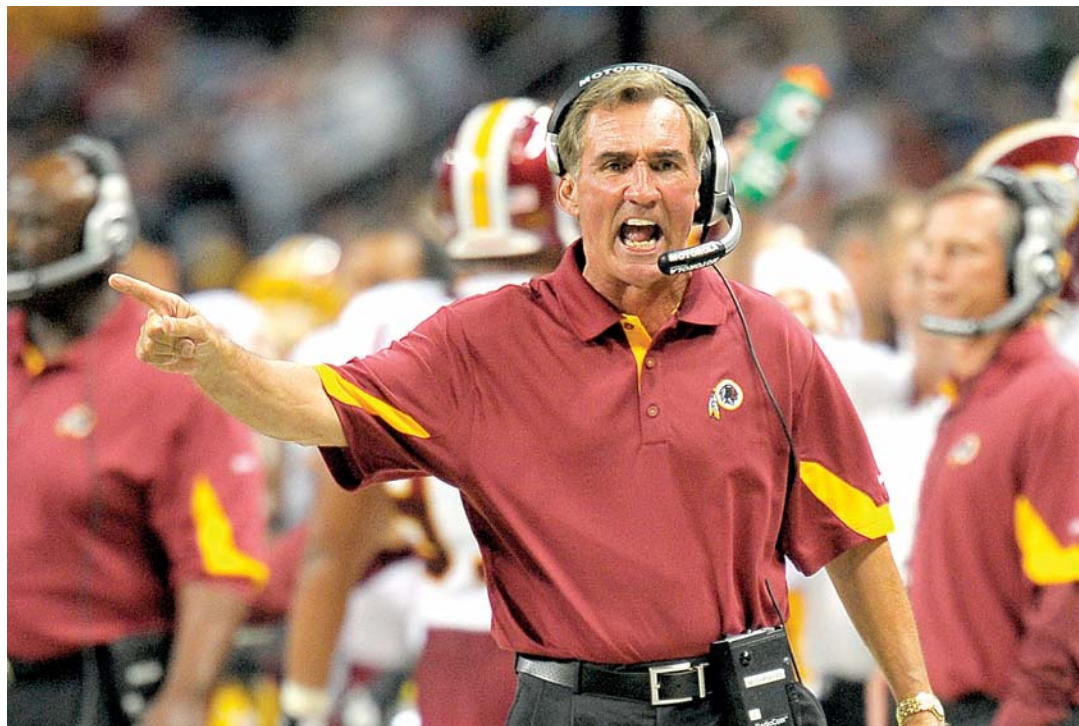
Though the group had found success in recent years, Shanahan made the risky decision to drastically alter the defensive scheme, bringing in coordinator Jim Haslett to oversee the move to a 3-4 front with many of the same players who had thrived in a 4-3 base.

The move has proved ineffective so far. The Redskins have allowed their last two opponents to score 30 points and are giving up a league-high 423.7 yards per game.

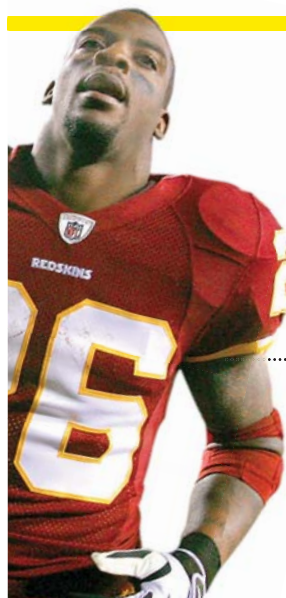
Still, coming off a 30-16 loss at St. Louis, Shanahan said on Monday he's "comfortable" that he has the right pieces to field an aggressive and effective 3-4 defense.

"I think when you do poorly, you work on it. So we got some work to do in a few areas, especially our pass defense," Shanahan said. "But I think we're making some strides and hopefully we get there soon."

They have little time to waste. The Redskins will take their 1-2 record into a difficult stretch of the schedule, one that should challenge the team's struggling pass defense much more than the first three weeks. The Redskins now will face three straight playoff teams in



Redskins head coach Mike Shanahan yells at the ref ahead of the Rams' scoring a touchdown during Washington's 30-16 loss.



## Whither Portis

Clinton Portis' small role in the second half of Sunday's game drew questions. On Monday, coach Mike Shanahan said when Portis went to the ground unhit after a 27-yard run in the first half, it drew concern about a possible injury. As a result, the coach turned to Ryan Torain for the bulk of the carries later in the loss to the Rams. (TWP)

## Punter Worries

Veteran punter Hunter Smith is scheduled to work out at Redskins Park Tuesday as an insurance policy in case the injured Josh Bidwell can't play next week.



**"If you look at it in hindsight, yeah, we were a better 4-3 team. But now we're a 3-4 team, and we got to learn the system, make it work."**—REDSKINS DE PHILLIP DANIELS

Philadelphia, Green Bay and Indianapolis, with three polished quarterbacks in Michael Vick, Aaron Rodgers and Peyton Manning.

That trio of quarterbacks will go against a Washington defense that's allowing an average of 325.7 passing yards per game. Only the Houston Texans are worse, and half the NFL teams don't allow that many yards per game — passing and rushing combined.

"It's definitely shocking," said cornerback DeAngelo Hall. "You read about teams that give up 500 yards passing, and you like, 'What the heck were they doing? What were they playing?' To now be associated with one of those teams, one of the defenses ... it's definitely a tough pill to swallow. It's in our throats and we swallowing it and trying to do what we need to do to get right." RICK MAESE (THE WASHINGTON POST)

## Swengali

## Ugly Losses Are Getting Old in D.C.

When Bruce Allen's father was the Redskins' coach, the team was affectionately known as the "over-the-hill gang."

The title still applies to Washington's football team, but not in the way Washingtonians fondly remember the George Allen era.

After a 4-12 season, the big risk the Redskins took this off-season was getting older rather than younger.

Presumably, Bruce Allen and coach Mike

Shanahan thought veterans would adapt faster to a new system — and attitude — in D.C. How's that working out for them now?

After another busy winter overhauling the roster, Sunday's result in St.

**On Sunday, it looked like there was a lot of dead weight out there.**

Louis was eerily similar to last year's run — rather, limp — under Jim Zorn.

"This has happened year after year," defensive end Phillip Daniels said after the 30-16 loss to the Rams. "We've all got to look in the mirror."

What they'll see is a lot of gray-beards who may not have what it takes to win in the NFL anymore.

It seemed logical to add more young talent, such as Trent Williams and Brian Orakpo — to help infuse new life into the organization. But that didn't happen. And, at least on Sunday, it looked like there was a lot of dead weight out there.

The Redskins couldn't make enough plays to beat a bad team that was playing pretty poorly. There's still a chance to salvage the season, but time isn't the friend of a team full of past-their-prime veterans.



To reach Matt Swenson, e-mail matt.swenson@readexpress.com

**Quick Exit:** The Bills waived quarterback Trent Edwards in a surprising move Monday, a few weeks after Chan Gailey said he saw "light at the end of the tunnel" with Edwards as his starter. Edwards was in his fourth season after being selected by the team in the third round of the 2007 draft. He went 14-18 as a starter. Edwards was benched the day after going 11 of 18 for 102 yards and two interceptions in a 34-7 loss at Green Bay on Sept. 19. (AP)





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# Backlash at Miami Move Fuels LeBron

## Pro Basketball

Since LeBron James joined the Miami Heat, he's been called a quitter, had his competitive nature questioned and heard others say he made a bad business decision.

In one breath, he says none of it matters. Yet the NBA's reigning MVP does acknowledge this much — all the doubters are fueling him. "I do have a lot of motivation," James said.

Music to the Heat's collective ears, right there. Donning his new Heat home uniform and sitting alongside fellow star teammates

Dwyane Wade and Chris Bosh, James spoke Monday on the eve of his first practice with his new club and said the team "will let our game do the talking."

James signed a \$109.8 million, six-year deal with Miami on July 9, one day after starring in an hour-long TV special to announce he was leaving Cleveland. There has been constant outcry since — Cavs owner Dan Gilbert called James a quitter, rivals questioned his competitiveness, and Dallas owner Mark Cuban said James executed "the largest public humiliation in the history of sports." **TIM REYNOLDS (AP)**

## Shaq Has a Ball at Media Day



**NEW BOSTON CELTICS CENTER** Shaquille O'Neal teases teammate Kevin Garnett as Garnett does a radio interview during the team's media day on Monday. O'Neal signed on as a backup in Boston during the offseason.

## Hears



**"I never said I wanted to be traded. I never once said anything about trade talk."**

— **CARMELO ANTHONY**, WHO WAS STILL A DENVER NUGGET AT MONDAY'S MEDIA DAY DESPITE RAMPANT RUMORS THAT HE MAY BE DEALT IN A BLOCKBUSTER MOVE.

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## Sports

# Legendary QB Blanda Dies at 83

Seemingly ageless star was a master of late-game theatrics

## Obituary

George Blanda, the seemingly ageless Hall of Fame quarterback and kicker whose 26-year career was best remembered for a remarkable run of late-game theatrics with the Oakland Raiders, has died. He was 83.

The Raiders confirmed the death Monday and issued a statement saying, "We are deeply saddened by the passing of the great George Blanda. George was a brave Raider and a close personal friend of Raiders owner Al Davis."

Blanda retired a month shy of his 49th birthday before the 1976 season, playing longer than anyone in pro football history. He spent 10 seasons with the Chicago Bears, part of one with the Baltimore Colts, seven with the Houston Oilers and



George Blanda played the final nine years of his 26-year career with the Raiders.

his final nine with the Raiders.

He scored 2,002 points in his career, a pro football record at the time of his retirement, kicking 335 field goals and 943 extra points, running for nine touchdowns and throwing for 236 more.

But it was a five-game stretch for Oakland in 1970 that is the lasting imprint from his career. As a 43-year-old, Blanda led the Raiders

to four wins and one tie with late touchdown passes or field goals.

Later that season, he became the oldest quarterback to play in a championship game, throwing two touchdown passes and kicking a field goal in Oakland's 27-17 loss to Baltimore in the AFC title game. His performance that season earned him The Associated Press Male Athlete of the Year award. (AP)

## TV Lineup

**NATIONALS (7 P.M., MASN)** There's a chance to see a playoff-bound team in D.C. when the Phillies visit the Nationals in Game 2 of their series.

**BASEBALL (10 P.M., WGN)** In a game that will help shape the NL West standings, the San Diego Padres host the Chicago Cubs.

**SOCCER (2:30 P.M., FSN)** Chelsea hosts Marseille in the Champions League.

## 49ers Fire Offensive Coordinator

### Pro Football

Their offense in a funk, the winless San Francisco 49ers fired coordinator Jimmy Raye on Monday.

Raye was dismissed one day after San Francisco lost 31-10 at Kansas City to fall to 0-3. The 49ers have scored 38 points, the second fewest in the NFL behind Carolina.

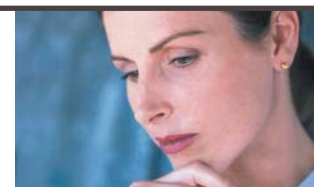
Mike Johnson will move from quarterbacks coach to offensive coordinator. Offensive assistant

Jason Michael will take over as quarterbacks coach.

The 49ers were considered a favorite in the NFC West this year, but their offense has stalled, plagued by turnovers and a weak running game.

Raye was in his second season with the 49ers. He has spent more than 30 years in coaching, including a previous stint with San Francisco as wide receivers coach in 1977. (AP)

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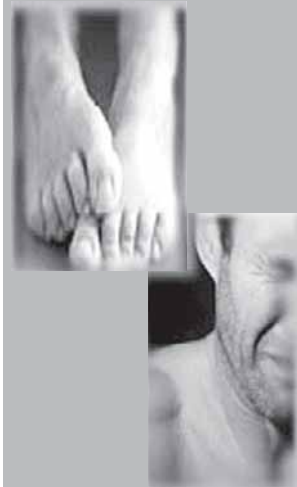


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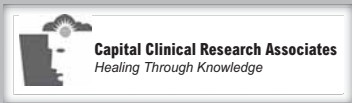
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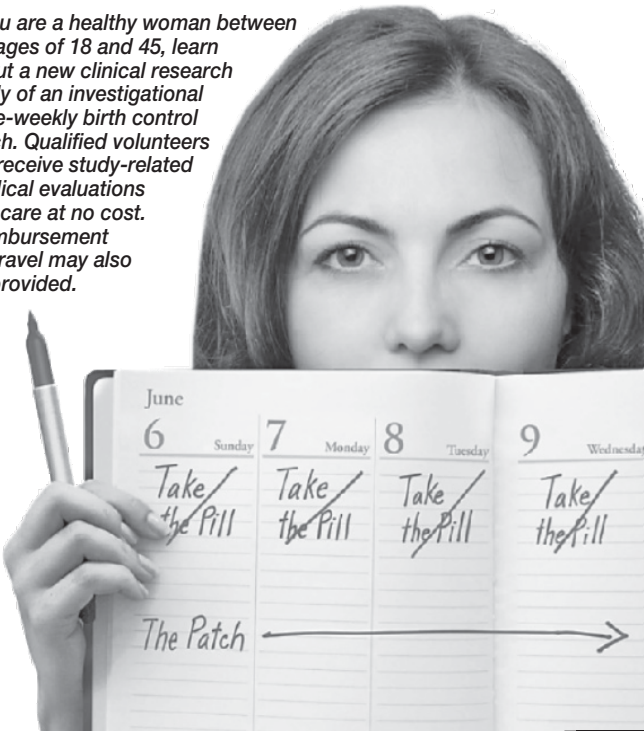
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# fit



## Guinea Pig | Just in Time

Jackie Warner in another tiny, shiny outfit? That must mean the Bravo workout warrior is out with a new DVD! "Personal Training With Jackie: Xtreme Timesaver Training" (\$9.99, Amazon) is as taut as her abs — you'll be sweaty and sore in just 30 minutes. She leads viewers through a barrage of compound exercises (ones that use both upper- and lower- body muscles) that you'll do for a minute each. It's rough stuff, but beginners can try to keep up with the no-weights modifications.

# Buff Up the Ballet Way

Heard the one about the woman who walks into a barre and gets strong and lean?

## Class Reviews

The logo for Georgetown's Fuel Pilates (1081 Wisconsin Ave. NW; 202-333-0071, [Fuelpilates.com](http://Fuelpilates.com)) is a flame. Which makes sense, because anyone who takes the studio's new Xtend Barre classes (\$22) is bound to experience a burning sensation all over his or her body. Students had been clamoring for a ballet-inspired workout since Fuel opened in May, says owner Kelly Griffith, so now she's delivering the plie power.

**What it is:** Tons of instructors have attempted to raise the bar by using a barre, the handrail that helps prima ballerinas practice. But Griffith thought no one had lifted it higher than Andrea Rogers, who created the Xtend Barre system. It was first launched in Florida and has since leapt to studios around the world, but no one was offering it in the Washington region. "It's fun, high-energy; you think you're going to die, and then it's over," promises Griffith, who says the cardio component and arm strengthening serve as a complement to traditional Pilates training.

**Moves:** The exercises are inspired by dance, but don't expect any flowing choreography — just lots of reps, often of small, targeted movements. So, standing in first position, you may stick your heels together, lift up on your toes and bend your knees to go up and down. "You're pulsing until you're



Kelly Griffith, middle, demonstrates a muffin-top-busting leg lift.

**"It's fun, high-energy; you think you're going to die, and then it's over."**

— KELLY GRIFFITH, FUEL PILATES FOUNDER, ON XTEND BARRE.

## Red Bow Wows



KZT PHOTOGRAPHY

A year and a half ago, Jane Brodsky took a class at B. Fit in Logan Circle and fell in love with the barre-Pilates blend. But what she didn't like was hunting for parking every time she trekked over from the Hill. So, Brodsky decided to bring the classes closer to home with Red Bow Studio (308 Massachusetts Ave. NE; 202-758-2910; [Redbowdc.com](http://Redbowdc.com)), which opened Sept. 13. The name represents what she thinks of exercise: "It's a gift to yourself." And the varied schedule reflects how she likes to work out — in addition to being the only other location to offer B. Fit classes, Red Bow also features Fuse Pilates (another homegrown program) and Zumba. "I'm bringing the best of D.C. here," says Brodsky, who's also reducing excuses by keeping the bathroom (with a shower!) stocked with hair elastics and other easy-to-forget items. v.h.

shaking," Griffith says. Or, you'll extend a leg behind you and you'll need to kick it in a "rainbow" pattern until your tush is totally tucked out. Much of the class is done while gripping the barre, but you'll also get on the ground for sequences that include squeezing a ball between your thighs and elevating your hips.

**Workout:** When Griffith recommends grabbing a pair of 1- or 2-pound dumbbells, new students think she's going easy on them. She's not. Holding your arms out to the sides for an extended period of time is quite challenging, and when you add in moves such as "swimming," curving your hand in toward your shoulder and then bringing it back out, you may wish you'd opted for no weight at all.

In each section, there comes a moment when you're not sure you can do another rep. "And there's always eight more," Griffith says. But that's the point of the routine: For every section of the class, you're exhausting a muscle group, and then stretching it out. "For a cardio workout, I felt I was using my body correctly," says student Mira Boykin, 29, who describes the sensation she experienced as "gushy, yummy pain."

**Crowd:** Plenty of women in the Xtend Barre classes also take Pilates, but Griffith says this appeals to "the type-A personality that can't lie on the mat for an hour." That includes Maxx Matteo, 54, who recently moved to D.C. from Florida and has been doing the program for eight years. "I can't burn out on this." But she certainly still feels the burn. VICKY HALLETT (EXPRESS)

## Barre Review

► When New Yorkers gush about barre class, they're probably talking about **Physique 57**, the studio that got the craze cooking. Get a taste at a free class at Stroga (1808 Adams Mill Road NW) on Oct. 14, as part of a nationwide tour to promote Biore's Makeup Removing Towelettes. The three time slots are full, but walk-ins will be welcome if some folks are no-shows. More info at [Biore.com/usa/physique57tour](http://Biore.com/usa/physique57tour).

► **Cardio Barre** ([Cardiobarre.com](http://Cardiobarre.com)) is how they kick it in Hollywood. To do the no-impact workout in D.C., you still need to buy a DVD, but creator Richard Giorla says that could be changing, since the program is now available for franchises. He expects a location near Dupont Circle or Adams Morgan "hopefully, soon."



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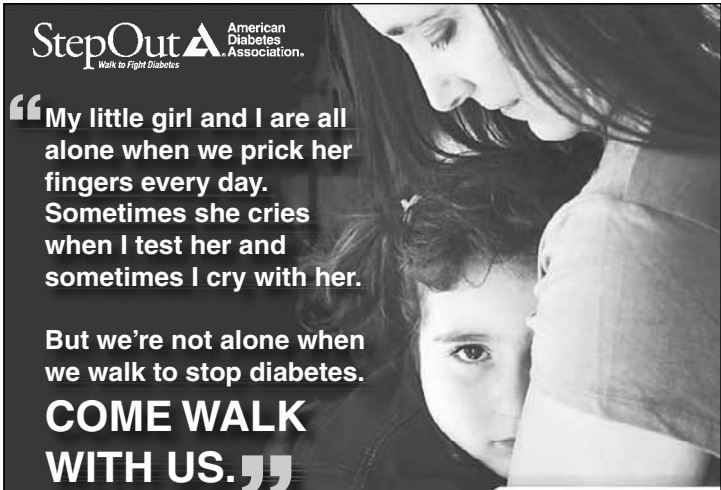
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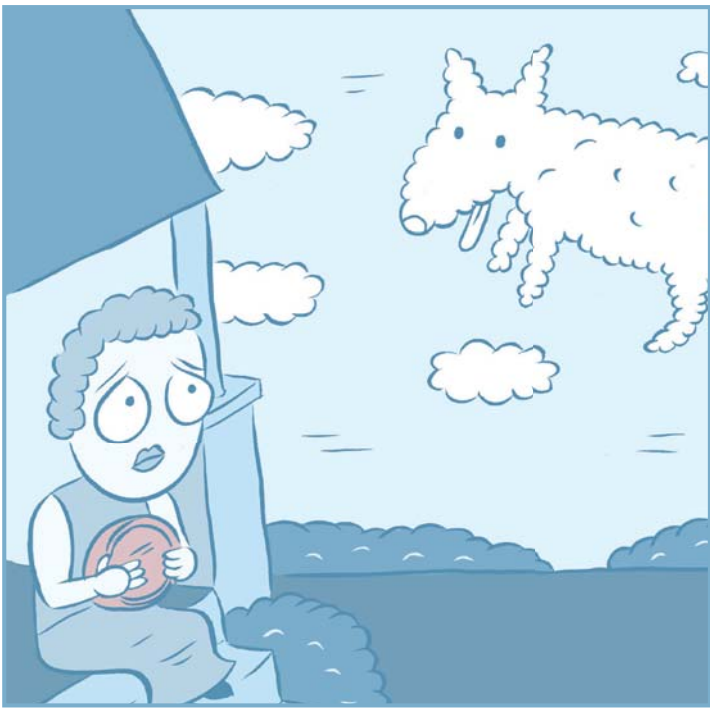
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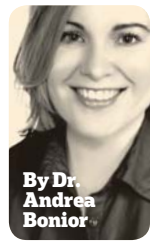


## The Quest for a Life of Happiness

**Q** I've been with my boyfriend for a year, but I'm starting to have doubts about our future. I used to think I could be with him forever, but now I feel like many aspects of my relationship make me unhappy. What should I do to find out what I want, or whether my reasons for unhappiness are valid? I'm afraid that I will end the relationship and regret it later. **DOUBTFUL**

I'm glad we're getting specific!  
But in general, when “many” aspects of one's relationship make her “unhappy,” it's important to ask why that's so, and whether there is any chance of change. Is it something about the person? Something about you, but that you want to change? Or something about you that you don't?

Staying in a relationship that doesn't feel good in the here and now isn't worth it, no matter what regrets you think you might have later on, or no matter how much you try to convince yourself you're being picky. How do you find out what you want? By living your life, and listening to what crosses your mind when you're lying in bed at night, sitting on the Metro during the day and allowing yourself just to be you.



**By Dr. Andrea Bonior**

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at [baggage@readexpress.com](mailto:baggage@readexpress.com). This column is not a substitute for one-on-one care.

## Barking Up the Wrong Tree

**Q** Three months ago, my mother had to put down her 10-year-old dog. She has taken it in a way that I believe to be overly hard. The past few times I have seen her, she's just not herself and is really dwelling on the loss. I'm pushing her to get another dog. I know it won't replace the other one, but I want her to move on. I don't want to be insensitive, but she's young and a vibrant person. **DISTURBED DAUGHTER**

You had me until the word “push.” Recovering from the loss of a loved one — even if that loved one's breath smelled like Milk-Bones — can be uneven and unpredictable. And, unfortunately, it doesn't lend itself to someone else's timetable. So, put the kibosh on persuading her to get another dog, at least for now.

In the meantime, help her remember her past hobbies and

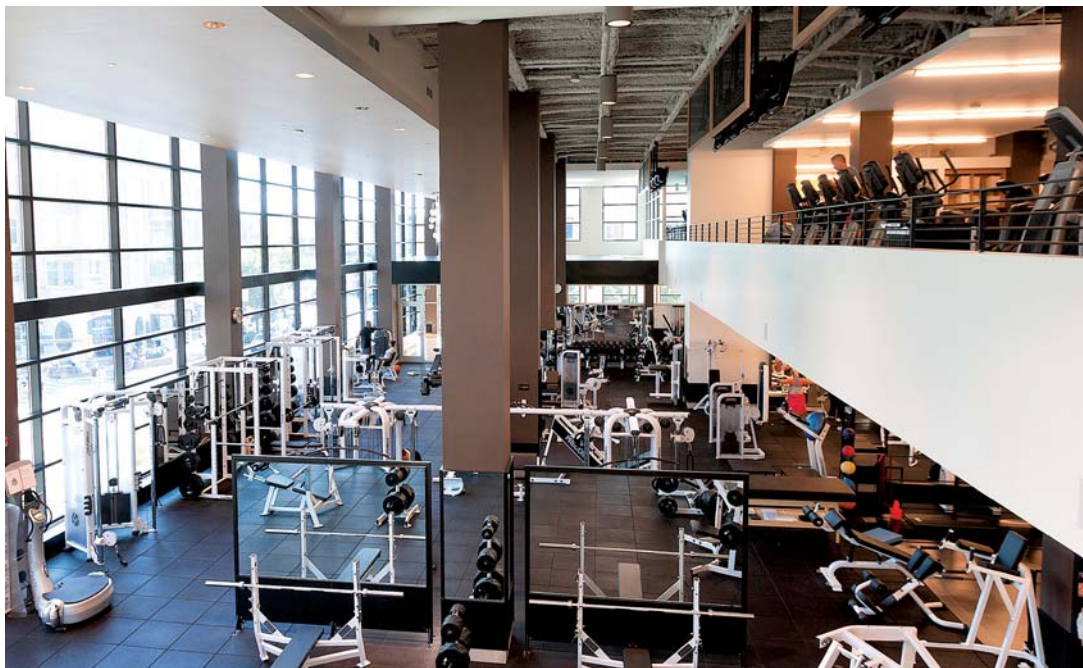
interests. Contact her friends to urge them to keep her occupied. And check up on her often, doing what you can to get her to connect with happier parts of herself. When she talks about the dog, you can acknowledge the pain she's feeling, but gently try to steer her to a message of hope about what's ahead — whether that includes a new pooch or not.

**Event Horizon**

## Pole Vaunted

Most women twirl for a trimmer waistline, but the top pole dancers in the country have elevated the fitness fad into a sporting event. Local studio Diva Fit is hosting the US Pole Dance Federation East Coast Regional championship this Sunday at the State Theatre (3 p.m., \$65; 220 N. Washington St., Falls Church; [Thestatetheatre.com](http://Thestatetheatre.com)). Competitors — including D.C.'s Kristen Novosad — will perform a compulsory program and then freestyle.





Whether you're pumping iron or running on a treadmill (with an iPod hookup), you can stare out through the wall of windows.

# You'll Sweat the View

The new Equinox in Bethesda boasts the best of everything

## Facilities

There are two equinoxes in a year. And now there are two Equinoxes in the D.C. area. Fittingly, on the first day of fall, the fancy New York-based chain opened its second regional location, in Bethesda (4905 Elm St; 301-652-1078; Equinox.com).

While the Tyson's Corner club is tucked away behind a strip mall, this new spot is as high-profile as it is high-end: It's smack in the middle of the bustle, halfway between the Metro stop and the entrance to the Capital Crescent Trail, and exercisers can stare out over the tony neighborhood through a two-story-high wall of windows. "It's uncommon to have a health club with this much natural light," notes general manager Rachel Sernitsky.

It's also uncommon to have a health club with such a high price tag. The introductory rate (good through the end of this month) is \$0 initiation fee and \$130 per month. But Sernitsky promises that's a deal



The spa offers an array of treatments, but not manicures — because of the fumes.

given the amenities available to members. That includes Internet kiosks, a clothing boutique, luxurious locker rooms (stocked with Kiehl's products), a kid's club (up to two hours for \$9) and a coat check.

At the lap pool, Sernitsky says, "You won't smell chlorine." That's because it's "salt-water infused," which is gentler on the hair and eyes. The group exercise program, run by nationally known instructor Robert Sherman, offers several exclusive classes, such as 360 Training (which uses the newly developed Step360 balance device).

And the 32,000-square-foot space also houses a yoga studio, a cycling studio (reserve your bike up to 26 hours ahead of time online) and a Pilates studio (available for private sessions for an additional fee).

What probably appeals most to the Bethesda bunch, however, is the site's eco-friendliness. Those black rubber mats under the state-of-the-art strength equipment are made of recycled tires. The floor of the spa is cork. The towels are organic. And those friends of yours who aren't members? They're likely to be green with envy. **VICKY HALLETT (EXPRESS)**

## Stethoscope

### NUTRITION

#### Your Kid May Have Drinking Problems

The children of America are parched, according to a study in the American Journal of Clinical Nutrition. Just 15 to 60 percent of boys and 10 to 54 percent of girls, depending on age, gulp the minimum amount of liquid recommended by the U.S. Institute of Medicine — and most of them rely on sweetened beverages instead of pure H<sub>2</sub>O. Dehydration could cause weakness and headaches.



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# One Family's Loss

Teaming up can make exercise and meal preparation easier

## Healthy Habits

The Kirschling family of Frederick, Md., had gotten too fat together. So, they decided to do something about it — also together.

A year and a half ago, Debbie, 45; Dean, 44; and daughters Taylor, 17; and Faith, 13, all signed up for Weight Watchers. Today, they're a collective 219 pounds lighter and are looking to maintain rather than lose weight. Their remarkable success has made Debbie Kirschling a Weight Watchers role model of the year, a platform she's using to promote the notion of families' using a collective approach to fight the battle of the bulge.

"Whenever one person needs support, the rest of us understand," she says. At their weekly meetings with other people on the program, they heard from many solo strugglers who had problems avoiding junk even in their own homes. "They're cooking different meals than the rest of their family all of the time. We're on the same page," she adds.

The transformation started with food habits: They cut down on dinners out, assembled more balanced meals and avoided snacking. "Instead of eating until you can't anymore, we just ate the portion size. And that was enough," Dean Kirschling says.

When the first pounds dropped off, they got hooked on being healthier. "We wanted to reach the next level," he adds. They hiked and biked more near Harper's Ferry, Dean and Debbie Kirschling took up ballroom dancing and they did exercise DVDs in the rec room. A little friendly competition didn't hurt either. "We wanted to see who was losing what," Debbie Kirschling adds.

When they celebrated Christmas with their extended family last year, they weren't going to be bullied



The Kirschling family has shrunk considerably since starting Weight Watchers.

**"Instead of eating until you can't anymore, we just ate the portion size. And that was enough."**

into downing extra helpings. In fact, with the four of them united in their goals, they convinced the rest of the clan to eat healthier. ("They've been successful as well," Dean Kirschling notes.)

Not only did the kids not rebel against the new family plan — it made them closer. "I probably get along with everyone better now," Faith Kirschling says. "I used to be in a bad mood because I'd get made fun of a lot." And as for Taylor Kirschling, it looks like she's started a trend among her classmates: "One of my friends keeps

asking me to convince her mom to do it with her. She sees how much easier it is when you do it together."

To any men who are reluctant to join their wives or girlfriends, Dean Kirschling would like to remind you that the earlier successes are greater for guys. For him, there was never any question that he would be a part of the program. "I had the most to lose," he says. Besides, he wanted to be a role model for his daughters.

Providing an example for your children is the most compelling reason for families to get on board together, Debbie Kirschling says. Even if it's just the parents who have weight to lose now, children need to develop better habits as young as possible. "They can be skinny even if they're eating dessert all the time and are couch potatoes," she says. "That will catch up to them."

VICKY HALLETT (EXPRESS)



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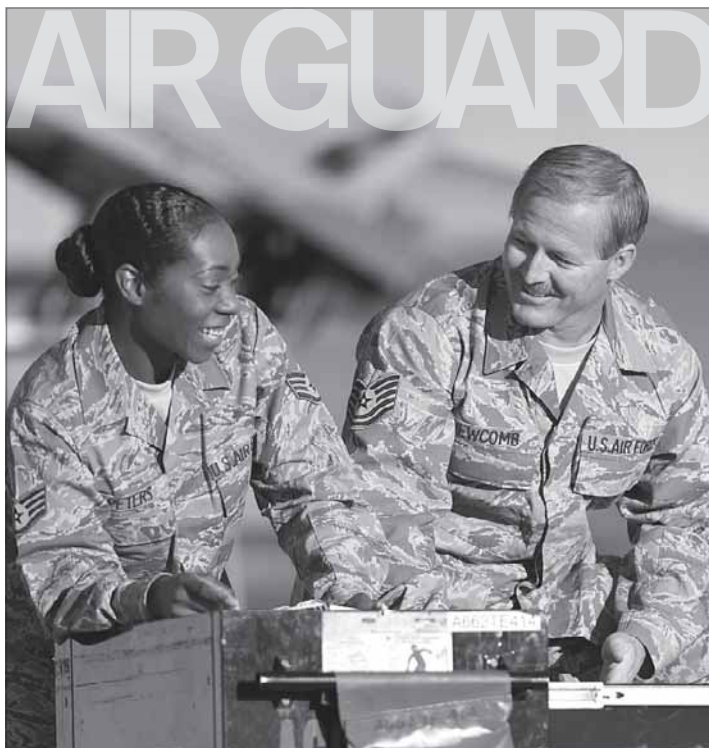
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**'Jersey' Scare**  
Sources say Snooki was hospitalized for alcohol poisoning **47**

## Sound Bets



COURTESY OMD

### Synthesized Past

**Most think of OMD** as an '80s synth-pop band with several solid hits ("If You Leave," "Secret," "Dreaming"). But OMD started in 1978 as electronic experimentalists inspired by German progressive artists. Traces of OMD's avant roots can be heard in the band's first four albums and on 1984's "Junk

Culture," the ensemble's first step toward mainstream success, which it capitalized on with 1985's "Crush."

There are tributes to OMD's heroes — Kraftwerk, Neu,



By Christopher Porter

Cluster — throughout the group's discography, from the B-side of "Genetic Engineering" ("4-NEU") to naming its second album "Organisation" (the precursor group to Kraftwerk). Those homages continue on "History of Modern," OMD's first album with all its core members since 1986.

The title "RFWK" is made up of the forename initials of Kraftwerk's members, and "The Right Side?" sounds like a remake of that band's "Europe Endless." There are also plenty of pop pieces on "History of Modern," including the single "If You Want It," but OMD's at its best when referencing its own history.

Now it's time for Hot Chip, Cut Copy and Neon Indian to compose odes to OMD.

## Mystic Mix of Sound

Deerhunter explores ethereal melodies while referencing pop influences on a new disc



### Halcyon Digest

Deerhunter

Deerhunter's third album begins with the click-click-THWACK of a programmed beat, ushering in the dreamy, free-floating opener, "Earthquake." From the start, it's clear that the band's new "Halcyon Digest" will favor the ethereal over aggressive guitars.

Atlanta's Deerhunter has garnered heaps of praise and legions of fans with an angular, abstracted Southern indie rock that forms an unlikely backdrop for singer Bradford Cox's songs about homosexual desire and thwarted faith. He's been startlingly candid in interviews and on the band's blog (leaking entire albums) and has often frustrated other band members onstage. But with his androgynous vocals and mysterious lyrics, he's easily one of the most compelling and charismatic frontmen since fellow Georgian Michael Stipe.

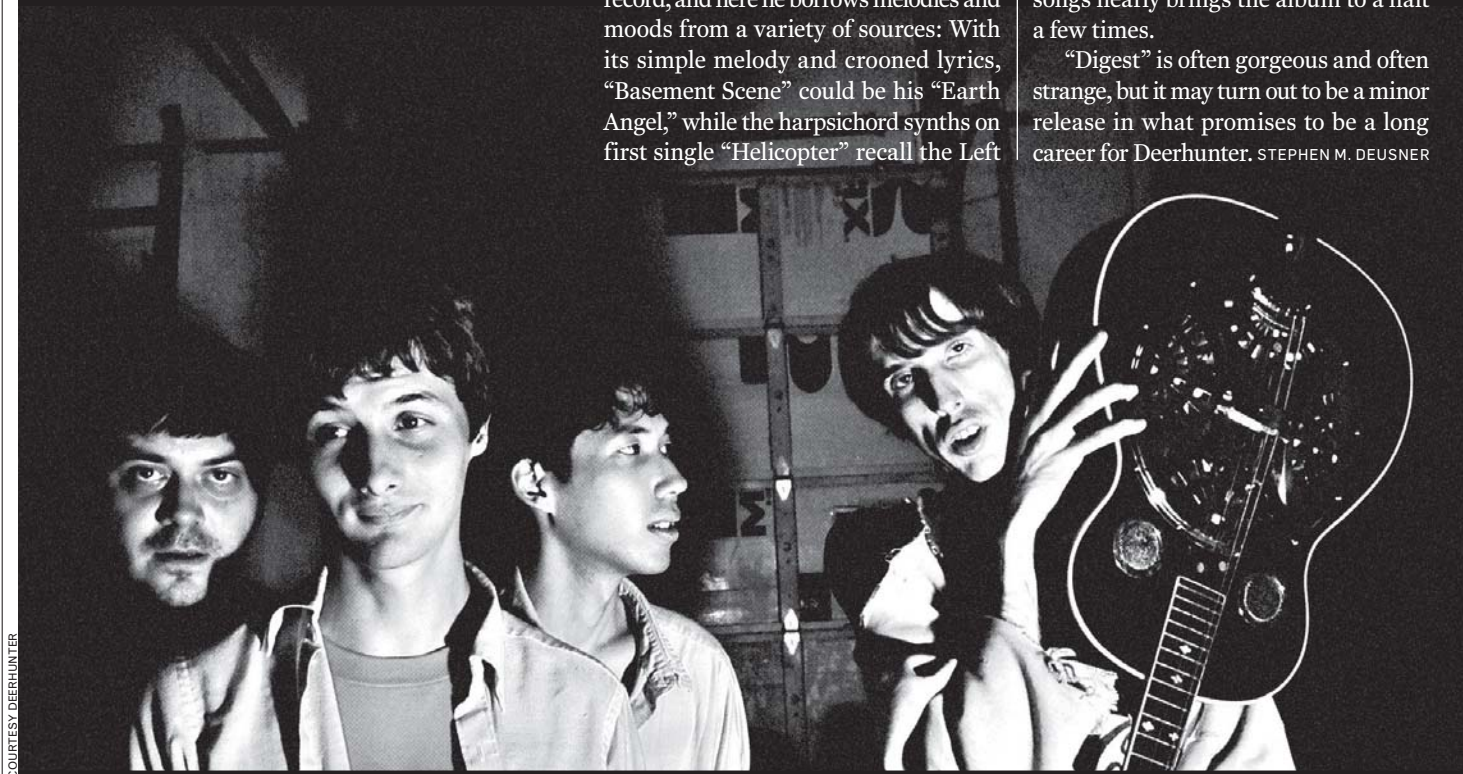
And Cox doesn't shirk on "Halcyon Digest." His delivery has grown more confident and nuanced with each record, and here he borrows melodies and moods from a variety of sources: With its simple melody and crooned lyrics, "Basement Scene" could be his "Earth Angel," while the harpsichord synths on first single "Helicopter" recall the Left

Banke's signature hit "Walk Away Renee." Even his most throwaway vocals, as on "Sailing," have the force of pop history behind them.

What's remarkable about Deerhunter is the way the band assimilates these influences into a sound that's specific enough to be personal yet expansive enough to offer room to explore. "Halcyon Digest" downplays the noisy interludes and quick tempos of previous albums, with songs emphasizing dream-pop airiness and ambience. "Don't Cry" and "Revival" move organically like creeper vines, suggesting a spontaneity in the recording process — as if they're making these songs up as they go along.

Which brings us back to the click-click-THWACK of "Earthquake." Moses Archuleta isn't the most adventurous drummer around, and he spends much of "Halcyon Digest" either simply keeping time or ceding his duties to drum machines. The lax pace of many of the songs nearly brings the album to a halt a few times.

"Digest" is often gorgeous and often strange, but it may turn out to be a minor release in what promises to be a long career for Deerhunter. STEPHEN M. DEUSNER



COURTESY DEERHUNTER

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@ Comments? Give Christopher your feedback: [expressnightout.com/soundbets](http://expressnightout.com/soundbets)





**1 They're Alive**  
The Walters in Baltimore has something new with its Walter Wick retrospective: "Games, Gizmos and Toys in the Attic." It's like a regular art exhibit, except instead of making you think about transience, it makes you think about the possibility that your childhood toys will come to life, emerge from the basement and kill you. **Walters Art Museum, 600 N. Charles St., Baltimore; through Jan. 2, \$10; 410-547-9000, [Thewalters.org](http://Thewalters.org).**

**2 Collect Them All**  
So, the Shakespeare Theatre's production of "All's Well That Ends Well" isn't earth-shaking. It's not the theater's fault — the play is six kinds of bizarre and even getting it to make sense is a feat. We're recommending this for people who are trying to earn the elusive "Golden Bard,"\* awarded to those who have seen every single Shakespeare play. \*Caveat: We totally made this up just a minute ago. **Shakespeare Theatre, 450 7th St. NW; through Oct. 24; 202-547-1122. (Gallery Place)**

**3 A Way With Words**  
Edward Hirsch is not one of those mooney poets who yammers on about loneliness — yeah, so a leaf falls; get over it. No matter what Edward Hirsch is writing about — be it death or love or old age or childhood — he does it with a wild exuberance of language. We imagine talking to him would be like talking to a thesaurus that had finally achieved sentience and was really, really happy to share its feelings, finally, with the world. **Folger Shakespeare Theatre, 201 East Capitol St. SE; 7:30 p.m., \$15; 202-544-7077. (Capitol South)**



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# entertainment **lookout**

## The Sharpest, Wittiest Duo

Ben Folds and Nick Hornby bring out the best in each other

### Album Review

It's a match made in music-nerd heaven: sharp, witty novelist Nick Hornby and sharp, witty songwriter Ben Folds. With Hornby penning the lyrics and Folds composing, the dozen songs on "Lonely Avenue" are (Have we used these words yet?) as sharp and witty as either's solo work.

The subjects tackled here are varied. The duo address Alaska's most famous baby daddy in "Levi Johnston's Blues" and ponder the problem of a weed-smoking neighbor and his unruly dogs in "Your Dogs." "Belinda" sees a one-hit wonder bemoaning his duty to play the love song his fans demand.



Ben Folds, left, gives voice to Nick Hornby's narratives on their collaborative disc.



### Lonely Avenue

Ben Folds & Nick Hornby

Folds not only sells but also helps solidify these stories. His sorrowful vocals and a heart-wrenching string arrangement lend a chilling pallor to the tale of a New Year's Eve spent in a hospital ("Picture Window").

"Lonely Avenue" is the kind of collaboration in which neither party really needed the other — each was doing just fine on his own. But in this symbiotic relationship, each one brings out the best in the other, yielding mini-Hornby novels reinterpreted and set to music by Folds. CATHERINE LEWIS

● *Sixth and I Historic Synagogue, 600 I St. NW; Oct. 19, 7:30 p.m., \$30; 202-408-3100. (Gallery Place)*

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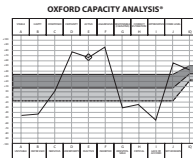
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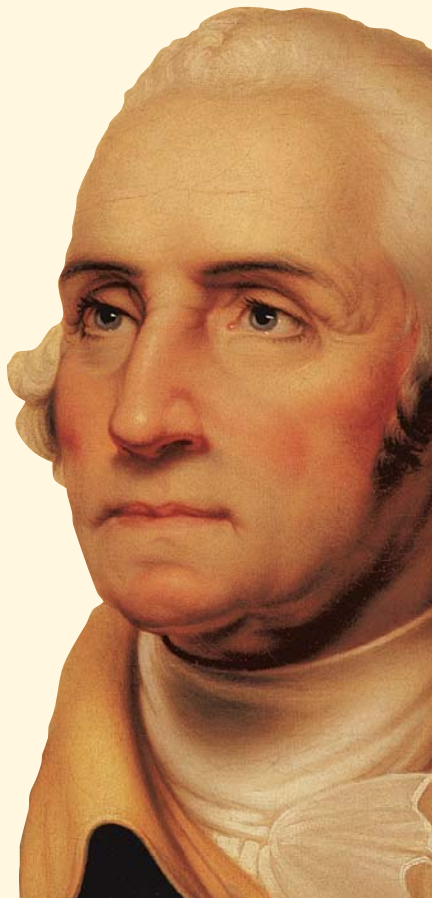
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# entertainment **lookout**

## 'Titanic' Actress Dies at 100

### Appreciation

Gloria Stuart, 100, a glamorous blonde actress who starred in 1930s horror films and musicals before reviving a long-dormant career in 1997 with her Oscar-nominated performance as the older version of Kate Winslet's character Rose in the box-office smash "Titanic," died Sept. 26 at her home in West Los Angeles.

She had been diagnosed with lung cancer several years ago, said her daughter Sylvia Thompson, who confirmed the death.

In the role of a 101-year-old Titanic survivor, Stuart narrated the James Cameron-directed film



Gloria Stuart, who starred in "Titanic," arrives at the Academy Awards in 1998.

and served as the lynchpin of its past and present-day story lines. Her portrayal of a feisty character made her the oldest actress to ever be nominated for an Academy Award.

She lost to Kim Basinger in "L.A. Confidential."

Stuart had all but abandoned acting when a casting director contacted her and asked her to audition for the part in "Titanic."

Cameron was looking for an actress whose heyday had been Hollywood's golden era, and Stuart fit the bill.

Stuart wrote a memoir, "I Just Kept Hoping" (1999), in which she said of her late-blooming career, "When I graduated from Santa Monica High in 1927, I was voted the girl most likely to succeed. I didn't realize it would take so long." SARAH HALZACK

(THE WASHINGTON POST)



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**Watch for the Winners in the Express Best Of 2010 special section coming Friday, October 22!**

TV tonight **lookout****Best Bets****FOX**  
**8:00**

**Glee** Will worries that the glee club may be flirting with something a little too edgy as Brittany and the gang ask to perform a Britney Spears number, but he's also distracted by Emma's hot new dentist beau (John Stamos, far left), who Will invites to talk about dental hygiene.

**SYFY**  
**9:00**

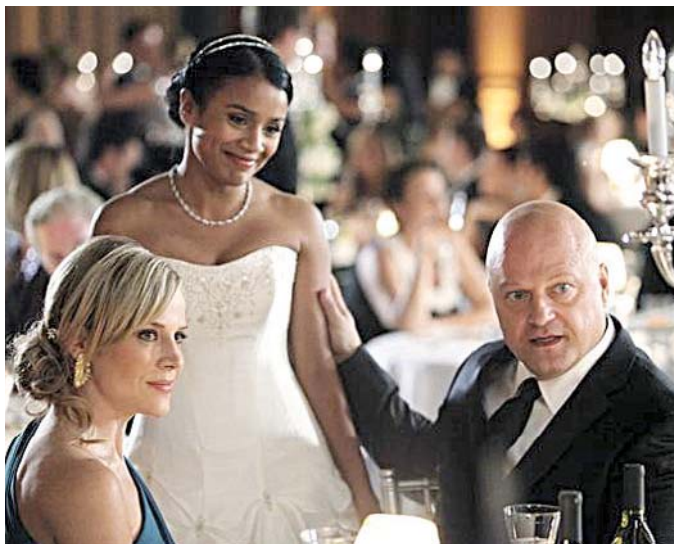
**Stargate Universe** As the Lucian Alliance holds Col. Young and his officers at gunpoint, Varro persuades Dannic to exile them through the Stargate to a barren planet. Varro and his men soon join them.

**FOX**  
**9:30**

**Running Wilde** Steve's (Will Arnett, right) plans to take Emmy and Puddle on a family vacation are delayed by the unexpected arrival of Emmy's fiancé, Andy, who has his own plans for Steve — and they're no vacation at all.

**CBS**  
**10:00**

**The Good Wife** Picking up where things left off in last spring's finale, Alicia is forced to choose between staying in her marriage to Peter and pursuing a future with Will in the season two premiere, "Taking Control." (TRIBUNE MEDIA)

**NO ORDINARY FAMILY****Extraordinary Déjà Vu****ABC**  
**8:00**

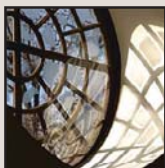
In this "The Incredibles"-come-to-life dramedy, beleaguered police sketch artist Jim Powell (Michael Chiklis, above right) and his workaholic wife (Julie Benz, above left) return from an ill-fated vacation with their two self-absorbed teenagers (Jimmy Bennett and Kay Panabaker) to discover they each have acquired a superpower. Complications ensue, to put it mildly. Tate Donovan ("Damages") also stars. (TM)

**White Stuff****You're a Bit Late To the Party, Sir**

"Inside the Actor's Studio" host James Lipton welcomes an actress named Betty White (8 p.m. on Bravo). Apparently, she recently won an Emmy for guest-hosting "Saturday Night Live." Isn't it nice to see a talented kid get some breaks? We suggest keeping an eye on this one. (TM)

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“Pete Townshend couldn't have jumped into ‘Tommy’ to save his life. Could Frankie Valli fill in at ‘Jersey Boys’? ... If this is a box-office stunt (and, of course, in showbiz, what isn't?), it's certainly a case of the creator putting himself on the line for his creation.”

— THEWICKEDSTAGE.BLOGSPOT.COM ISN'T SURE WHETHER BILLIE JOE ARMSTRONG'S APPEARANCE IN GREEN DAY'S “AMERICAN IDIOT” ROCK MUSICAL ON BROADWAY THIS WEEK WILL BE SUCCESSFUL.



“Hey, Martena ... did you ever think that your little ‘missing’ car story would generate such a storm? You have become the poster child for handicapped tag abusers in the metro-D.C. area. Was it worth it?”

— A COMMENTER AT WASHINGTONPOST.COM REACTS TO A STORY ABOUT THE WIDESPREAD MISUSE OF HANDICAPPED PARKING PLACARDS. ANGER BOILED OVER LAST WEEK WHEN MARTENA CLINTON — WHOSE LEXUS WENT MISSING FOR 24 HOURS AFTER THE SECRET SERVICE MOVED IT DURING AN APPEARANCE BY PRESIDENT OBAMA AT THE WALTER E. WASHINGTON CONVENTION CENTER — SAID SHE HAD PARKED IN A HANDICAPPED SPACE USING HER HUSBAND'S PLACARD.



“For much of its life, Google has basically dominated search, and its market share speaks to that. But Microsoft Bing has been proving to be a worthy competitor in recent years, so let's hope puberty doesn't make things awkward for Google.”

— TECHCRUNCH.COM WISHES THE ONLINE GIANT A HAPPY 12TH BIRTHDAY ON MONDAY.



“Someone somewhere deserves a huge pay raise for suggesting electronic music duo Daft Punk compose ‘Tron: Legacy.’”

— FILMONIC.COM IS LOOKING FORWARD TO THE FRENCH GROUP'S FIRST FORAY INTO THE WORLD OF MUSICAL SCORING.

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**Monday's Results**

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68%

32%

YES

NO

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“Whatever happened to ‘innocent until proven guilty’? It is so easy for someone to claim that they were ‘abused’ by someone in power. I could easily [volunteer] to help in the Obama campaign and then claim that he molested me even though he did not. Where is the PROOF to these claims?”

COMMENTER COMMON KEVIN

“Another anti-gay religious leader caught in a gay sex scandal. Shocking!”

COMMENTER FRANK

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# puzzles lookout

## Horoscope

**LIBRA** (Sept. 23-Oct. 22) You can enjoy winning more than bragging rights when all is said and done, but that may not be quite as soon as you had hoped or expected.

**SCORPIO** (Oct. 23-Nov. 21) There's no reason to think your beliefs will come under fire, and yet you may want to soft-pedal some of what you have to say.

**SAGITTARIUS** (Nov. 22-Dec. 21) A conflict of sorts is likely to arise out of the blue, and yet you will have a suspicion of what has caused the trouble.

**CAPRICORN** (Dec. 22-Jan. 19)

You may not be satisfied with the usual opportunities—or the usual rewards—and you'll have a chance to open new doors by day's end.

**AQUARIUS** (Jan. 20-Feb. 18)

Others may misunderstand your approach at first, but this is no reason to temper your methods. You can't please everyone, after all.

**PISCES** (Feb. 19-March 20) A corporate issue may actually begin to affect you at home, even though you are not directly involved at the workplace.

**ARIES** (March 21-April 19) You may be surprised to find you are much more—or perhaps a little less—than you claim to be. Neither is necessarily a bad thing.

**TAURUS** (April 20-May 20) You may have what some may call an unfair advantage, but the truth is that your preparation has been better than anyone else's.

**GEMINI** (May 21-June 20) Though you haven't heard of any negative trends beginning, you must guard against any careless errors' becoming something you cannot handle.

**CANCER** (June 21-July 22) A little improvisation early in the day can send a project into a whole new direction, and you may enjoy immediate results.

**LEO** (July 23-Aug. 22) You have more style and flair than others engaged in similar activities; as a result, you'll enjoy more attention and favorable reviews.

**VIRGO** (Aug. 23-Sept. 22) You can capture the attention of those who usually pay you no mind. Take care, however, that it's for the right reasons.

## Scrabble Grams

PAR SCORE 150-160, BEST SCORE 215

A <sub>1</sub>	E <sub>1</sub>	E <sub>1</sub>	I <sub>1</sub>	N <sub>1</sub>	F <sub>4</sub>	D <sub>2</sub>

4th Letter Triple

--

RACK 1

A <sub>1</sub>	I <sub>1</sub>	H <sub>4</sub>	N <sub>1</sub>	S <sub>1</sub>	T <sub>1</sub>	B <sub>3</sub>

--

RACK 2

I <sub>1</sub>	I <sub>1</sub>	O <sub>1</sub>	N <sub>1</sub>	L <sub>1</sub>	R <sub>1</sub>	S <sub>1</sub>

--

RACK 3

E <sub>1</sub>	E <sub>1</sub>	Y <sub>4</sub>	C <sub>3</sub>	R <sub>1</sub>	S <sub>1</sub>	C <sub>3</sub>

Double Word Score

--

RACK 4

### Yesterday's Solution

S <sub>1</sub>	O <sub>1</sub>	Y <sub>4</sub>	M <sub>3</sub>	I <sub>1</sub>	L <sub>1</sub>	K <sub>5</sub>	RACK 1 =	70
C <sub>3</sub>	A <sub>1</sub>	T <sub>1</sub>	S <sub>1</sub>	U <sub>1</sub>	P <sub>3</sub>	S <sub>1</sub>	RACK 2 =	61
S <sub>1</sub>	C <sub>3</sub>	R <sub>1</sub>	E <sub>1</sub>	E <sub>1</sub>	C <sub>3</sub>	H <sub>4</sub>	RACK 3 =	92
T <sub>1</sub>	U <sub>1</sub>	G <sub>2</sub>	B <sub>3</sub>	O <sub>1</sub>	A <sub>1</sub>	T <sub>1</sub>	RACK 4 =	60
PAR SCORE 200-210								TOTAL 283

### FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

## Sudoku

MEDIUM

	6	5	7					
					3	2	8	
		1	9		2			
9	2						5	1
		3				7		
6	8						9	3
			1		7	9		
	1	6	4					
					6	1	7	

### Yesterday's Solution

9	8	2	4	1	6	3	5	7
7	6	5	9	8	3	4	2	1
3	1	4	7	2	5	9	8	6
4	9	3	8	5	1	7	6	2
2	7	8	3	6	9	1	4	5
6	5	1	2	7	4	8	3	9
8	4	6	1	9	2	5	7	3
5	3	9	6	4	7	2	1	8
1	2	7	5	3	8	6	9	4

**Need more Sudolku?** Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

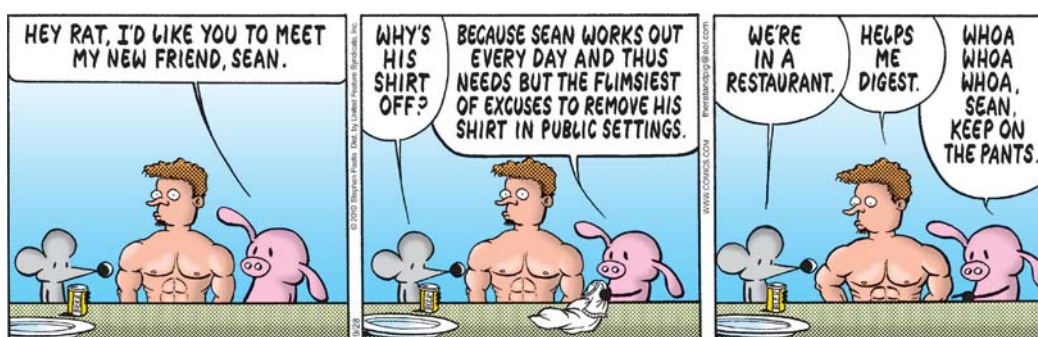
## Comics

FIND MORE COMICS AT EXPRESSNIGHTOUT.COM

### POOCH CAFE | PAUL GILLIGAN



### PEARLS BEFORE SWINE | STEPHAN PASTIS



## Forecast

**84 | 60**

**Today:** Warm today; a morning shower. Partly cloudy tonight.

**75 | 58**

**Tomorrow:** Pleasant tomorrow with clouds and sun. Cloudy tomorrow night.

### Looking Ahead

**THU** **FRI** **SAT**

**79 | 59 73 | 55 67 | 51**

**Sun and Moon**  
 Sunrise today: 7:01 a.m.  
 Sunset today: 6:56 p.m.  
 Moonrise today: 9:46 p.m.  
 Moonset today: 12:12 p.m.

**Almanac**  
 Normal high: 75  
 Record high: 95  
 Normal low: 58  
 Record low: 40

FORECAST BY ACCUWEATHER.COM ©2009





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## It Interferes with Everyday Life


The Center for Rheumatology and Bone Research is conducting a research trial of a medication for patients with Ankylosing Spondylitis.

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# Don't let high blood pressure & diabetes puzzle you.



High blood pressure is a common disease seen in people who also have diabetes. In fact, almost two out of three adults with diabetes also have high blood pressure.

Physicians are conducting a research study comparing the effectiveness of two medications for the treatment of high blood pressure in people with diabetes. Study participants will receive one of the study medications and study-related care, at no charge.

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# lookout puzzles

## Crossword

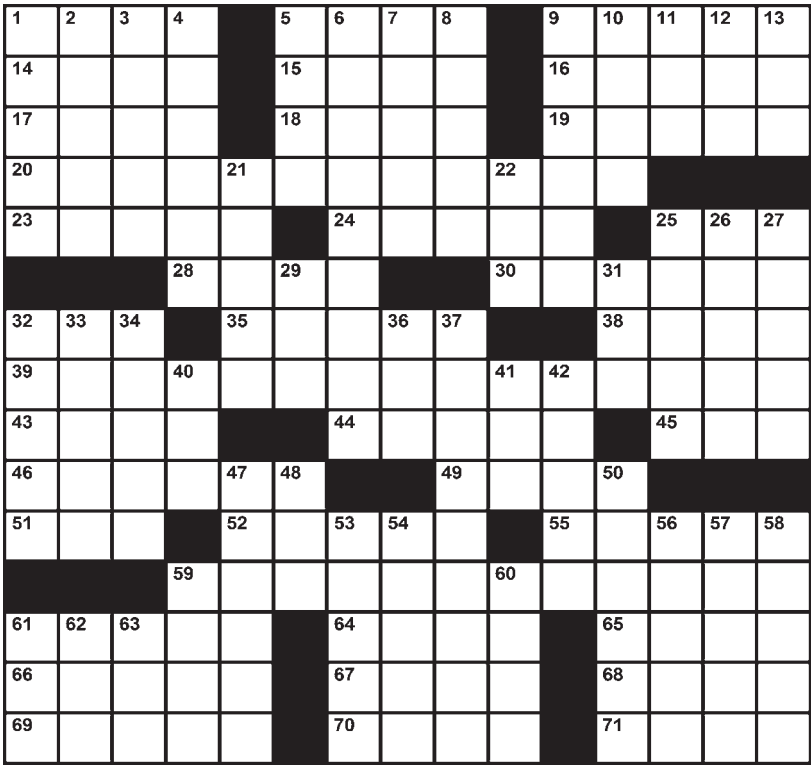
CHOP CHOP

### ACROSS

- 1 Perspiration unit  
5 Tibetan monk  
9 Part-woman, part-bird creature  
14 Hindu musical form  
15 Tropical wader  
16 Severe, as pain  
17 Touchdown data, briefly  
18 \_\_\_ Orange, N.J.  
19 Plant on the back of old pennies  
20 Immediately  
23 Contemptuous contortion  
24 Trunks  
25 Slightly askew  
28 It's groovy to a carpenter  
30 Hardly encouraging  
32 Au \_\_\_ (roast beef order)  
35 Quarter back?  
38 "Legal" or "medic" lead-in  
39 On very short notice  
43 "... for a \_\_\_ pittance"  
44 Unbelievable bargain  
45 They may include jingles or slogans  
46 Type of gown or registry  
49 Rider's whip  
51 Drink delicately  
52 Ply with liquor  
55 Boxers' attire  
59 Instantaneously  
61 Future husbands, perhaps  
64 Pro \_\_\_ (in proportion)  
65 Completely cooked  
66 Sign of an untreated pool  
67 Second word of many fairy tales  
68 Case for toiletries  
69 Groups of two  
70 Goose or loon  
71 It falls somewhere every day

### DOWN

- 1 Makes coffee or beer  
2 Cook at home  
3 Striped semiprecious



EDITED BY TIMOTHY E. PARKER

- stone  
4 Busted up  
5 "In \_\_\_ of flowers ..."  
6 Slaughterhouses  
7 Perform incorrectly  
8 Autumn bloomer  
9 Fiftieth American state  
10 "\_\_\_ Breaky Heart"  
11 Wish things otherwise  
12 Sch. group  
13 Nevertheless  
21 Get on a soapbox  
22 Acid  
25 WWII beach  
26 Basic unit of capacitance  
27 AAA changes them  
29 Pop  
31 Resort feature  
32 Door frame part  
33 Wombs  
34 Type of mall or mine  
36 Universal workplace  
37 Eventgoer  
40 "\_\_\_ give you the shirt off his back"  
41 Ben-Hur was chained to one  
42 \_\_\_ and fauna  
47 Maltreats  
48 9-Down gift  
50 Shade of blue  
53 Cancel, as a rocket launch  
54 Giraffe relative with striped legs  
56 Regional plant and animal life  
57 Cause of yawning  
58 Amount of yarn

- 59 Area by a dorm  
60 Beach material  
61 Certainly not good  
62 Isle of \_\_\_ (England)  
63 Turkish title of honor

### Yesterday's Solution



## Today in History

- 1850** Flogging is abolished as a form of punishment in the U.S. Navy.
- 1920** Eight Chicago White Sox players are indicted for allegedly throwing the 1919 World Series against the Cincinnati Reds.
- 1924** Two U.S. Army planes land in Seattle, having completed the first round-the-world flight in 175 days.

**express**



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**GOOD GENES****This Week, in Current and Future Attractive People**

Delicate-boned heartthrob Gael Garcia Bernal, 31, has informed the world via Twitter that he and his wife, Dolores Fonzi, are expecting a second child. Usmagazine.com translates the tweet to read, in part, "We've got a baby on the way. Tremendous and complete happiness that we share with all of you. Hugs and celebration." (EXPRESS)

**Friendship****Return With Shield, or on It**

Mike "The Situation" Sorrentino survived his first turn on "Dancing With the Stars." "I hope he just tries his hardest and he doesn't embarrass himself," said co-star Ronnie Ortiz-Magro. "Or us," added Jenni "JWoww" Farley. (AP)

**GETTING AHEAD****An Elaborate Setup for 'Bachelorette' Meets 'CSI'**

Rachel Uchitel, 35, became notorious as the first woman to have a cheating scandal with Tiger Woods. But now, according to Radaronline.com, she's been accepted to graduate programs in criminal justice and forensic psychology. Supposedly, Uchitel has described such work as her "calling," and the friend interviewed stressed her interest in "Cold Case" and "To Catch a Predator." (EXPRESS)



STEPHEN LOVERING/GETTY IMAGES

**NUISANCE****Is the Backlash Here Yet?**

Nicole "Snooki" Polizzi was apparently hospitalized for alcohol poisoning during filming of "Jersey Shore." Radaronline.com reports that the incident, which occurred in Miami in May, was excised from an episode that aired last week. Retained footage shows Polizzi as visibly intoxicated, as evidenced by her tendency to play with other people's feet at inappropriate moments. Earlier this year, Polizzi was sentenced to community service for drunk and disorderly conduct on a beach. (EXPRESS)

**"Today's 'Sesame Street' will NOT be brought to you by the number 34 or the letter D."**

— RUSSELL BRAND TWEETS ABOUT KATY PERRY'S CANCELED EPISODE OF THE CHILDREN'S SHOW.

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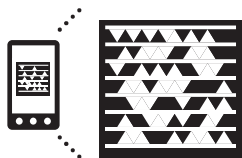
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